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A new world coming!

By WILLIAM L. TRIMYER

Lesson for May 25, 1980
Scripture reference: Revelation 21:1 to 22:21
Focal passages: Revelation 21:1-7; 22:1-5
Paradise Regained
(Rev. 21:1-2)

The world we inhabit is a lost world. It seems that at every turn in the road we confront more tragedies and problems which affect each of us. The world has seemingly lost its way, its peoples unable to live together in harmony. It is a world of suffering and death, sin and evil, tears and sorrow.

The picture is not a pretty one, but even in the midst of such ugliness there is beauty and hope. Despite the darkness and ugliness in our world, there are those who are involved in the struggle for light and beauty. And there is God."Along with the positive forces working in our world for good, there exists the God of hope and a new world coming.

The message of the Revelation is one of hope for a "new heaven and a new earth." This message was written primarily for the Christians who suffered under the cruel and oppressive Roman government. But its message reaches even we who live in the twentieth century.

There is nothing more refreshing than the prospects of new beginnings! Leaving home to go to college, graduation, marriage, a new job or vocation, a new child, a new face on an old building, new friends. All of these speak of newness and adventure.

God's plan for us includes new and fresh beginnings. The plan calls for new habitations and a new church, described from John's perspective as the "New Jerusalem." Whatever else this new habitation will be like, we know that it will be a perfect community, unlike the imperfection we now know.

The joy of being with God
(Rev. 21:3-4)

God has always been with his people through both the thick and the thin. The Old Testament describes the presence of God in both symbolic and spectacular revelations. God's greatest evidence of his presence with his people was revealed in the coming of his Son, Jesus the Christ. "The Word became flesh and dwelt among us." And even though Jesus was shunned and rejected, God still remained ever faithful to us, his people.

The picture in the Revelation is of an ever abiding God who loves and keeps on loving. Whatever more heaven will be, it will certainly be a place where we live eternally and intimately with God. John describes the situation as one in which God and his people will dwell together in peace, joy and solitude.

The comforting word to the early Christians who were being persecuted was that God would eventually end their suffering and "wipe away all tears from their eyes." The picture John paints is of a place where those things which cause people to suffer will no longer be present.

God's good plan
(Rev. 21:5-7)

As though John's word is not enough, God himself speaks out as if to place his authoritative stamp on John's vision. God's plan contains the element of completeness. God is not a God of good intentions. When he promises something, be it judgement or blessing, he comes through. God can be trusted to be who he is, a God who accomplishes what he sets out to do.

He is both "Alpha and Omega," the beginning and the end, He who wrote the first chapter of earth's story will also pen the last chapter.

The city of god
(Rev. 22:1-5)

The final garden will replay the first, namely, it will be a place where we shall celebrate and feast on God's good provisions. The "tree of life" will replace the "tree of knowledge of good and evil." This city will be characterized by the continual presence of God and the absence of fear. Once inside this garden there is no chance of dismissal. Here God's people will continue on in their pilgrimage.

The next garden will be a place of light. In this garden the people of God will live with their Creator in joy and celebration.

Dr. Trimyer is pastor of Elon Baptist Church in Pamplin, Va.

The Bible and daily living

Back to school

At a recent meeting of the Appomattox Historic Society, it was 'back to school'...that is, back to a one-room school, when Miss Nola Burkey and Mrs. Minerva Kepler gave a talk about the one-room schools which had existed in this county.

They came dressed as teachers would have appeared to the students in the early 1900's.

They also brought and displayed pictures of some of the schools as well as items which were used in the schools.

These articles have been given by local citizens to our proposed Appomattox County Museum.

Anyone having anything pertaining to our old schools and wishing to donate them to the museum, please contact either Miss Burkey or Mrs. Minerva Kepler.

Say you're sorry!

By JAMES M. BECKER

Leslie Weatherhead tells the story about a problem boy trying to teach his dog a trick on a hot afternoon. The dog failed to understand; the boy kicked the little dog in the mouth and made its mouth bleed. With big, brown eyes the dog looked at him, puzzled and bewildered; and then, very painfully because the boy had hurt its shoulder also, the dog struggled onto its hind legs and put up its paws, trying so hard to learn the trick. When the boy came near, the dog put out its blood-stained tongue and tried to lick his little master's hand. The boy broke down in tears, ran to his mother, confessing over and over, "I have done an awful thing."

Not everybody who does violent things feels very sorry afterward. Violence may not be as "American as cherry pie," but it is certainly too common. Child abuse has received much attention lately. A parent who injures a child at least once a week responds to criticism by saying "Do you mean that I can't give the child a little swat on the bottom?" A "swat on the bottom" may not be child abuse, depending on how hard and how often.

Spouse abuse is just as frequent. My dad taught me that I should "never hit a girl." Sadly, not every person feels that way. If dinner is not ready at 6:00 exactly, it may mean a slap in the face. Marriage does not mean a right to human property. Not only is it wrong to beat a husband or wife, it is wrong to let yourself be beaten. Sometimes I am told that parents stay together "for the sake of the children," but what is a child learning in a climate of constant bickering and violence? I would never advise anybody to get a divorce, that is a decision that is too important and too personal for me to make, but sometimes if there is physical violence involved I might tell somebody not to remain in the home.

It's dangerous to tell a child "Don't take any lip from other children. If he hits you, get him back." We want children to be independent, but children do not have enough maturity to understand when to answer violence and how to answer violence. Many fine, Christian parents act as if they never heard the biblical advice to "turn the other cheek." That doesn't mean to let yourself or your child be walked over, but it does mean that we should have patience and we should teach children to be patient.

Maybe that is why there is so much international violence. If we were more patient in our personal lives, more forebearing, it might serve as a good example for others. The same may be true for nations as well.

The pastor speaks

For car show

Crowd turns out

With a good crowd in attendance and 68 cars registered for judging, the antique, classic and specialty car show at Lawson Ford Saturday was a decided success.

Among the oldest cars registered were a 1918 Ford and a 1918 Franklin; among the most colorful were a 1934 bright green Frazier Nash and a 1949 purple Mercury.

When all the judging was finished, the following winners were announced: Antique category: first place, 1950 Chrysler owned by Otto Vallastro; second place, 1930 Model A coupe owned by P. G. State.

Classic category -- first place, 1955 T-Bird owned by Claude Williams; second place, 1954 Dodge convertible owned by Charlie Richardson.

Specialty category -- first place, T-Bucket Ford owned by Jim Moore; second place, 1951 Mercury owned by Dan Madison.

Dress right for exercise

By LONETTE CHILTON
Extension Agent

Millions of Americans are running or jogging to improve their health. Male and female, young and old, run to lose weight, have more energy, think more clearly, feel better, look better, increase resistance to heart attack, alter blood chemistry for the better, delay certain of the body's aging processes and simply to have fun. In summary, runners feel, look, and function better.

"I'd start today," you say, "but I don't know what to wear."

A runner's shoes should be the most important investment. Running is an extended series of collisions between your feet and the ground. With each stride, a runner strikes the surface with a force of impact more than three times the body weight. This shock is transmitted and absorbed by the muscles and joints of the foot, ankle, knees, hips and lower back. Therefore, to reduce the shock of the impact, which often causes injury, and to stabilize the foot, it is important to choose a good pair of shoes.

Selecting running shoes is no easy task because of the many models of running shoes on the market. The proper fitting shoe will depend on the individual's taste, age, sex and type of running that will be done.

When trying on shoes, be sure to wear the kind of socks that you plan to wear when running. If you require any type of corrective device or shoe modification, select your shoes with allowance for this.

Other cautions and requirements to follow when buying shoes are:

Soles must be:
--sufficiently durable to cushion the effect of sharp objects.
--sufficiently flexible for easy movement.
--sufficiently soft to absorb shock caused by body weight.

Heel must be:
--adequate height to protect the heel.
--adequate flare to give a broad base of support for lateral stability.
--adequate stiffness of the heel counter (the stiffening material around the back of the shoe) to prevent excessive and unwanted motion of the heel within the shoe.
--adequate cushioning to reduce shock.

The upper of the running shoe must:
--hold foot in place.
--be soft and smooth inside.
--be firm enough to be stable.
--have a toe-box high enough to avoid downward pressure on the toes.

It is suggested that socks be worn to protect the feet as well as the shoes. A clean pair of socks helps prevent blisters by reducing chafing between the foot and the shoe. Cotton, wool and synthetic socks are available. Wool socks are recommended for cold and damp weather.

With the nice warm days ahead--dress to keep cool and to protect the body from too much sun and stinging

[Continued on page 9]

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